

Lent
Daily
Journey
2021

Hope &
Trust

28th February to 6th March

A woman with blonde hair in a ponytail, wearing a light green tank top and blue jeans, is rappelling down a dark, textured rock face. She is holding a red rope and has a safety harness on. The background is a bright blue sky with some white clouds. The rock face is on the left side of the image, and the woman is positioned in the middle ground, facing left.

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Welcome

We are delighted that you are going to read and reflect through Lent 2021 with the peculiar challenges which this year presents.

These online booklets have been produced in such a way that they can be used individually or in groups. Each day gives you a morning Bible passage which you can read or to which you may listen, a midday prayer, an afternoon video reflection, and an evening meditation. The media links are on the following pages accessed by these icons:



Audio



Video



Reflection

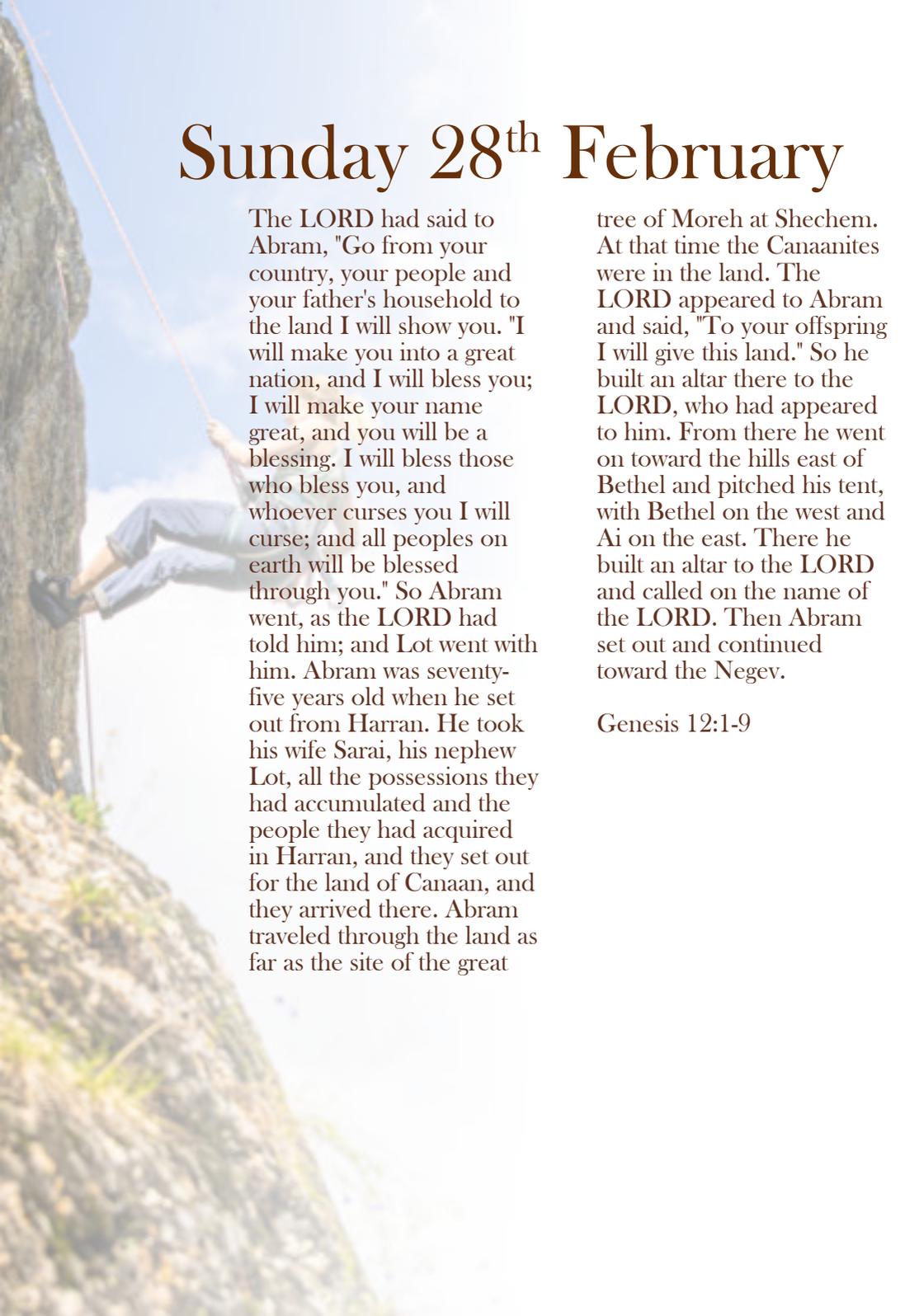
If you wish to have the weekly booklet delivered to you in pdf format you can subscribe by sending an email to Lent.Daily.Journey@gmail.com. We would be happy to receive any feedback at the same address.

Each week there will be a short study and discussion guide on the theme of the readings.

This resource is a labour of love being made available free and we encourage you to share it widely. If you would like to make a donation please visit the Church of Scotland HIV Programme page [here](#).

We wish you every blessing as you read and reflect through Lent 2021.

Robin Hill
Alec Shuttleworth

A person is rappelling down a dark, craggy rock face. The person is wearing a blue long-sleeved shirt, blue pants, and a black helmet. They are holding a rope that extends from the top left of the frame. The background is a bright blue sky with some light clouds. The overall scene is outdoors and appears to be a climbing or rappelling activity.

Sunday 28th February

The LORD had said to Abram, "Go from your country, your people and your father's household to the land I will show you. "I will make you into a great nation, and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you." So Abram went, as the LORD had told him; and Lot went with him. Abram was seventy-five years old when he set out from Harran. He took his wife Sarai, his nephew Lot, all the possessions they had accumulated and the people they had acquired in Harran, and they set out for the land of Canaan, and they arrived there. Abram traveled through the land as far as the site of the great

tree of Moreh at Shechem. At that time the Canaanites were in the land. The LORD appeared to Abram and said, "To your offspring I will give this land." So he built an altar there to the LORD, who had appeared to him. From there he went on toward the hills east of Bethel and pitched his tent, with Bethel on the west and Ai on the east. There he built an altar to the LORD and called on the name of the LORD. Then Abram set out and continued toward the Negev.

Genesis 12:1-9

I will bless you

May God Almighty direct our days in his peace, and grant us the gifts of his blessing; may he deliver us in all our troubles, and establish our minds in the tranquillity of his peace; may he so guide us through things temporal that we finally lose not the things eternal. Amen.

St Augustine, 354-430



Audio



Video



Reflection

Monday 1st March

Some time later God tested Abraham. He said to him, "Abraham!" "Here I am," he replied. Then God said, "Take your son, your only son, whom you love—Isaac—and go to the region of Moriah. Sacrifice him there as a burnt offering on a mountain I will show you." Early the next morning Abraham got up and loaded his donkey. He took with him two of his servants and his son Isaac.

When he had cut enough wood for the burnt offering, he set out for the place God had told him about. On the third day Abraham looked up and saw the place in the distance. He said to his servants, "Stay here with the donkey while I and the boy go over there. We will worship and then we will come back to you." Abraham took the wood for the burnt offering and placed it on his son Isaac, and he himself carried the fire and the knife. As the two of them went on together, Isaac spoke up and said to his father Abraham, "Father?" "Yes, my son?" Abraham replied. "The fire and wood are here," Isaac said, "but where is the lamb for the burnt offering?" Abraham answered, "God himself will provide the lamb for the burnt offering, my son." And the two of them went on together. When they reached the place God had told him about, Abraham built an altar there and arranged the wood on it. He bound his son Isaac and laid

him on the altar, on top of the wood. Then he reached out his hand and took the knife to slay his son. But the angel of the LORD called out to him from heaven, "Abraham! Abraham!" "Here I am," he replied. "Do not lay a hand on the boy," he said. "Do not do anything to him. Now I know that you fear God, because you have not withheld from me your son, your only son." Abraham looked up and there in a thicket he saw a ram caught by its horns. He went over and took the ram and sacrificed it as a burnt offering instead of his son. So Abraham called that place The LORD Will Provide. And to this day it is said, "On the mountain of the LORD it will be provided." The angel of the LORD called to Abraham from heaven a second time and said, "I swear by myself, declares the LORD, that because you have done this and have not withheld your son, your only son, I will surely bless you and make your descendants as numerous as the stars in the sky and as the sand on the seashore. Your descendants will take possession of the cities of their enemies, and through your offspring all nations on earth will be blessed, because you have obeyed me." Then Abraham returned to his servants, and they set off together for Beersheba. And Abraham stayed in Beersheba.

God himself will provide the Lamb

May God Almighty direct our days in his peace,
and grant us the gifts of his blessing;
may he deliver us in all our troubles,
and establish our minds i
n the tranquillity of his peace;
may he so guide us through things temporal
that we finally lose not the things eternal.
Amen.

Gregorian Sacramentary, 6th Century



Audio



Video



Reflection

Tuesday 2nd March

"Listen to me, you who pursue righteousness and who seek the LORD: Look to the rock from which you were cut and to the quarry from which you were hewn; look to Abraham, your father, and to Sarah, who gave you birth. When I called him he was only one man, and I blessed him and made him many. The LORD will surely comfort Zion and will look with compassion on all her ruins; he will make her deserts like Eden, her wastelands like the garden of the LORD. Joy and gladness will be found in her, thanksgiving and the sound of singing. "Listen to me, my people; hear me, my nation: Instruction will go out from me; my justice will become a light to the nations. My righteousness draws near speedily, my salvation is on the way, and my arm will bring justice to the nations. The islands will look to me and wait in hope for my arm. Lift up your eyes to the heavens, look at the earth beneath; the heavens will vanish like smoke, the earth will wear out like a garment and its inhabitants die like flies. But my salvation will last forever, my righteousness will never fail. "Hear me, you who know what is right, you people who have taken my instruction to heart: Do not fear the reproach of mere mortals or be terrified by their insults. For the moth will eat them up like a garment; the worm will devour them like wool. But my righteousness will last forever, my salvation through all generations." Awake, awake, arm of

the LORD, clothe yourself with strength! Awake, as in days gone by, as in generations of old. Was it not you who cut Rahab to pieces, who pierced that monster through? Was it not you who dried up the sea, the waters of the great deep, who made a road in the depths of the sea so that the redeemed might cross over? Those the LORD has rescued will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away. "I, even I, am he who comforts you. Who are you that you fear mere mortals, human beings who are but grass, that you forget the LORD your Maker, who stretches out the heavens and who lays the foundations of the earth, that you live in constant terror every day because of the wrath of the oppressor, who is bent on destruction? For where is the wrath of the oppressor? The cowering prisoners will soon be set free; they will not die in their dungeon, nor will they lack bread. For I am the LORD your God, who stirs up the sea so that its waves roar— the LORD Almighty is his name. I have put my words in your mouth and covered you with the shadow of my hand— I who set the heavens in place, who laid the foundations of the earth, and who say to Zion, 'You are my people.'"

Isaiah 51:1-16

The quarry from which you were hewn...

We give you thanks, our God and Father,
for all those who have died in the faith of
Christ; for the memory of their words and
deeds and all they accomplished in their
time; for the joyful hope of reunion with
them in the world to come; and for our
communion with them now in your Son,
Jesus Christ our Lord.

Amen

Source unknown



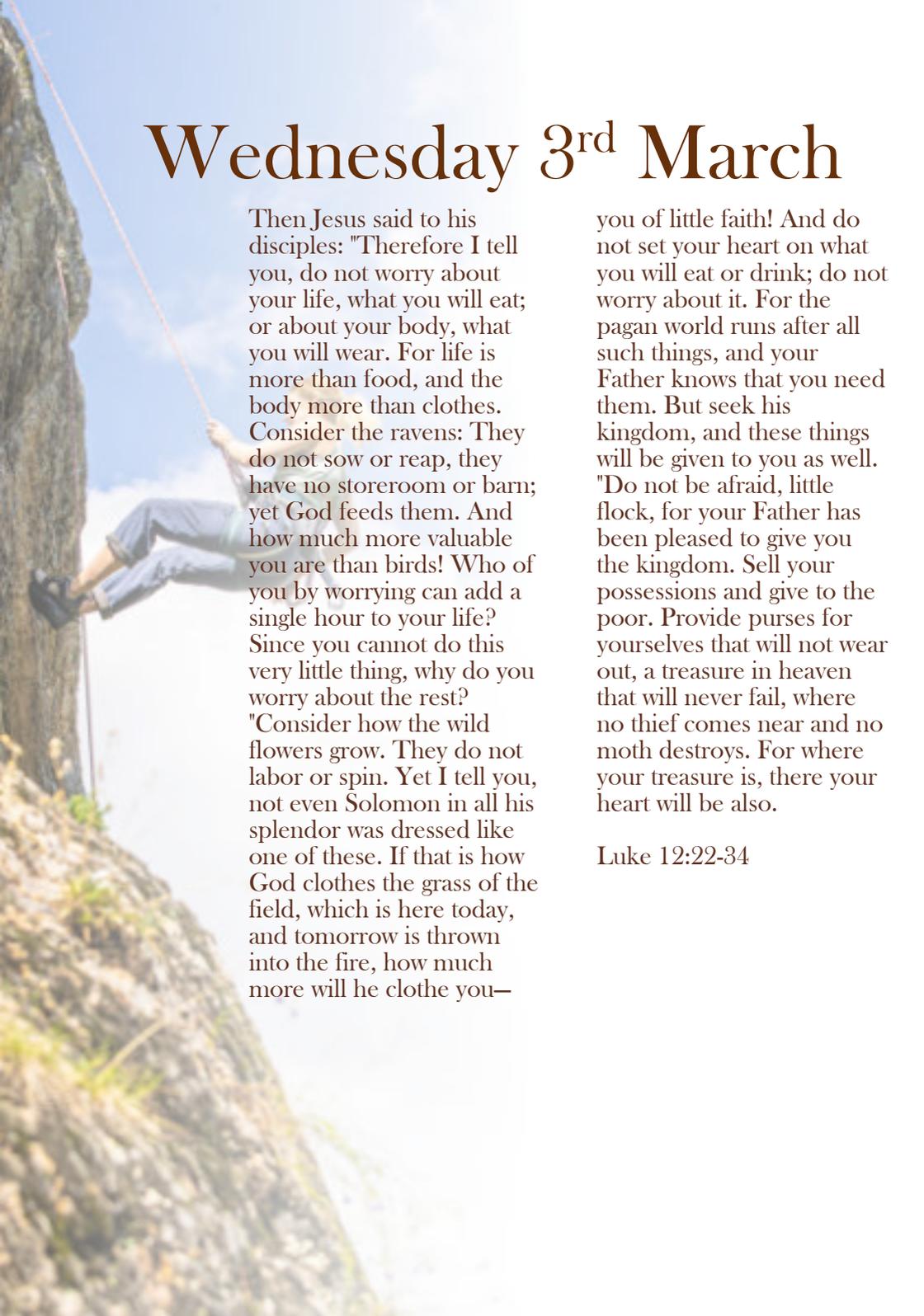
Audio



Video



Reflection

A person in blue jeans and a light-colored shirt is rappelling down a dark, textured rock face. The person is suspended by a rope and is looking towards the camera. The background is a bright blue sky with some light clouds. The overall scene is one of adventure and challenge.

Wednesday 3rd March

Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?" "Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—

you of little faith! And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well. "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also.

Luke 12:22-34

Your Father knows...

Dear God,
it is so hard for us not to be anxious.
We worry about work and money,
about food and health
about weather and crops
about war and politics
about loving and being loved.

Show us how perfect love casts out fear.

Monica Furlong



Audio



Audio



Reflection

A person in blue jeans and a light-colored shirt is rappelling down a dark, craggy rock face. The person is suspended by a rope and is looking towards the camera. The background is a clear blue sky with some light clouds. The overall scene is one of adventure and challenge.

Thursday 4th March

It was not through the law that Abraham and his offspring received the promise that he would be heir of the world, but through the righteousness that comes by faith. For if those who depend on the law are heirs, faith means nothing and the promise is worthless, because the law brings wrath. And where there is no law there is no transgression. Therefore, the promise comes by faith, so that it may be by grace and may be guaranteed to all Abraham's offspring—not only to those who are of the law but also to those who have the faith of Abraham. He is the father of us all. As it is written: "I have made you a father of many nations." He is our father in the sight of God, in whom he believed—the God who gives life to the dead and calls into being things that were not. Against all hope, Abraham in hope believed and so

became the father of many nations, just as it had been said to him, "So shall your offspring be." Without weakening in his faith, he faced the fact that his body was as good as dead—since he was about a hundred years old—and that Sarah's womb was also dead. Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he had promised. This is why "it was credited to him as righteousness." The words "it was credited to him" were written not for him alone, but also for us, to whom God will credit righteousness—for us who believe in him who raised Jesus our Lord from the dead. He was delivered over to death for our sins and was raised to life for our justification.

Romans 4:13-25

God has power to do what he has promised.

"May the Lord Jesus put his hands on our eyes also, for then we too shall begin to look not at what is seen but at what is not seen. May he open the eyes that are concerned not with the present but with what is yet to come, may he unseal the hearts vision, that we may gaze on God in the Spirit, through the same Lord, Jesus Christ, whose glory and power will endure throughout the unending succession of ages."

Origen, c185 - c 254



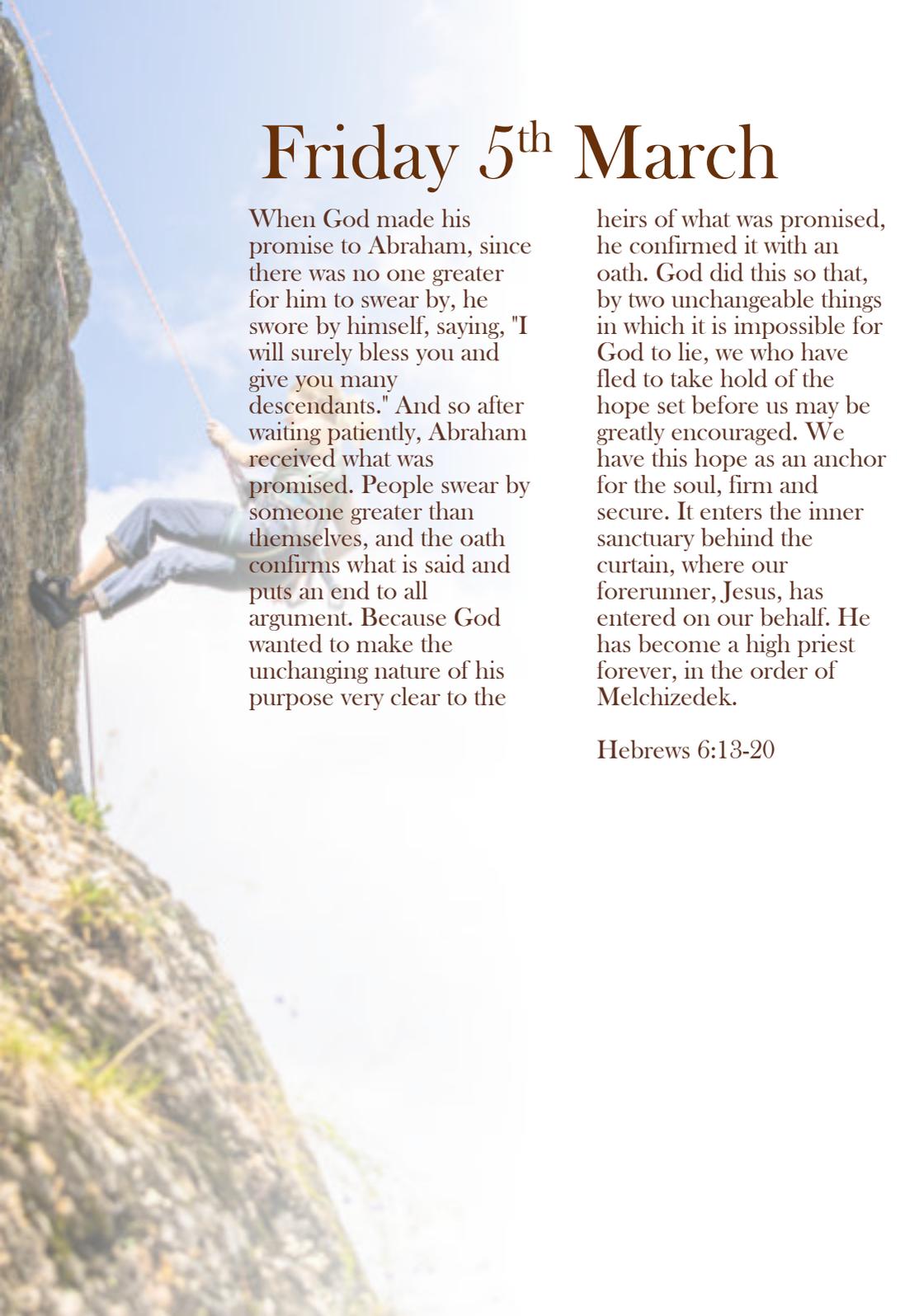
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Reflection

A person is rappelling down a dark, textured rock face. The person is wearing a light-colored shirt, blue jeans, and dark shoes. They are holding a rope that extends from the top left of the frame. The background is a bright blue sky with some light clouds. The overall scene is one of adventure and challenge.

Friday 5th March

When God made his promise to Abraham, since there was no one greater for him to swear by, he swore by himself, saying, "I will surely bless you and give you many descendants." And so after waiting patiently, Abraham received what was promised. People swear by someone greater than themselves, and the oath confirms what is said and puts an end to all argument. Because God wanted to make the unchanging nature of his purpose very clear to the

heirs of what was promised, he confirmed it with an oath. God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope set before us may be greatly encouraged. We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek.

Hebrews 6:13-20

After waiting patiently...

Bestow on me, O Lord, a genial spirit and unwearied forbearance; a mild, loving, patient heart; kindly looks, pleasant, cordial speech and manners in the exchanges of daily life; that I may give offence to none, but insofar as I can, may live in charity with everyone.

Johann Arndt 1555 -1621



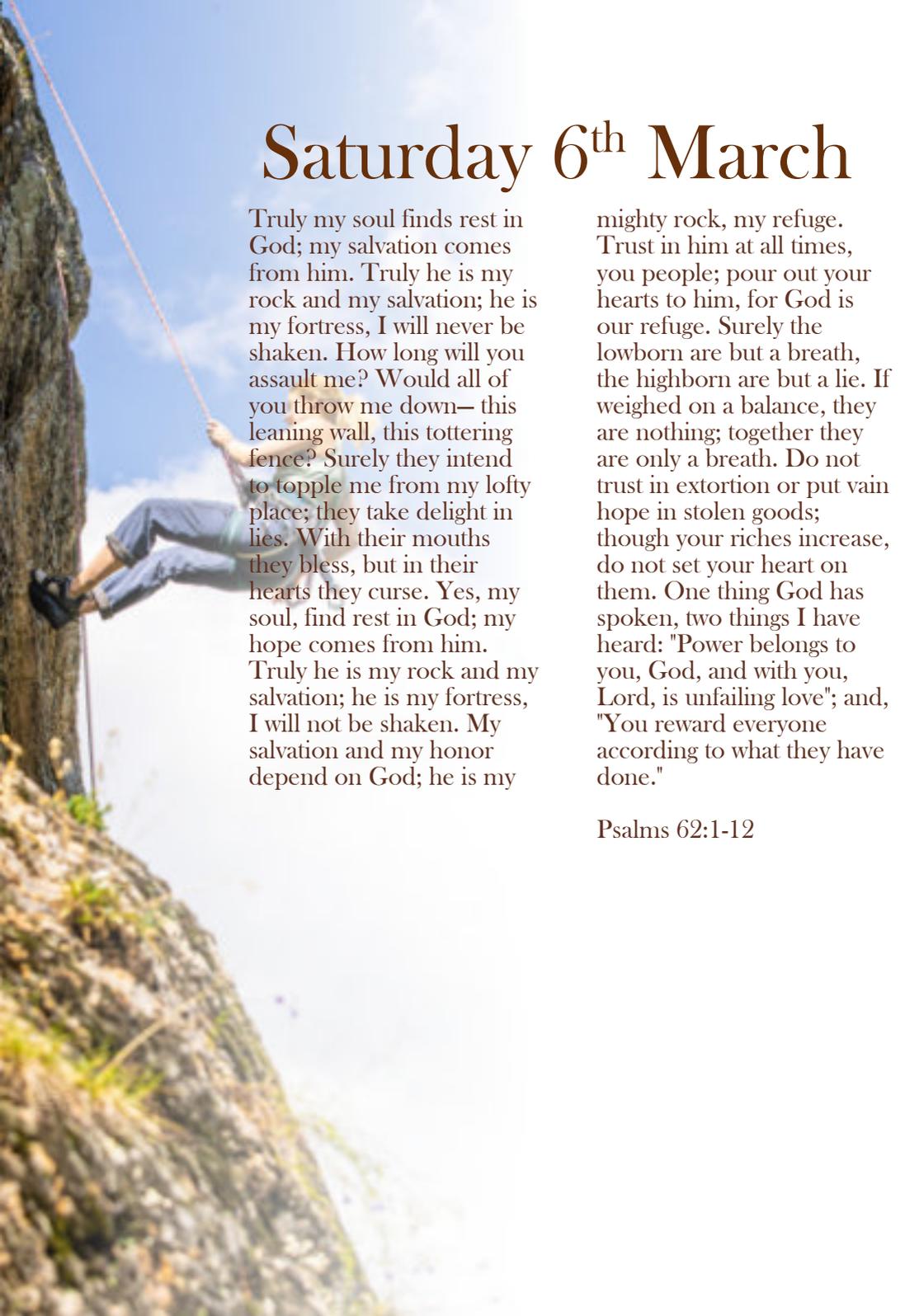
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Audio



Reflection

A person is rappelling down a dark, craggy rock face. The person is wearing a light-colored long-sleeved shirt, blue jeans, and black shoes. They are holding a rope that extends from the top left of the frame. The background is a clear blue sky with some light, wispy clouds. The overall scene is one of adventure and challenge.

Saturday 6th March

Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken. How long will you assault me? Would all of you throw me down— this leaning wall, this tottering fence? Surely they intend to topple me from my lofty place; they take delight in lies. With their mouths they bless, but in their hearts they curse. Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my

mighty rock, my refuge. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. Surely the lowborn are but a breath, the highborn are but a lie. If weighed on a balance, they are nothing; together they are only a breath. Do not trust in extortion or put vain hope in stolen goods; though your riches increase, do not set your heart on them. One thing God has spoken, two things I have heard: "Power belongs to you, God, and with you, Lord, is unfailing love"; and, "You reward everyone according to what they have done."

Psalms 62:1-12

My soul finds rest in God

Grant calmness and control of thought to those who are facing uncertainty and anxiety. Let their heart stand fast believing in the Lord. Amen

Russian Orthodox Prayer



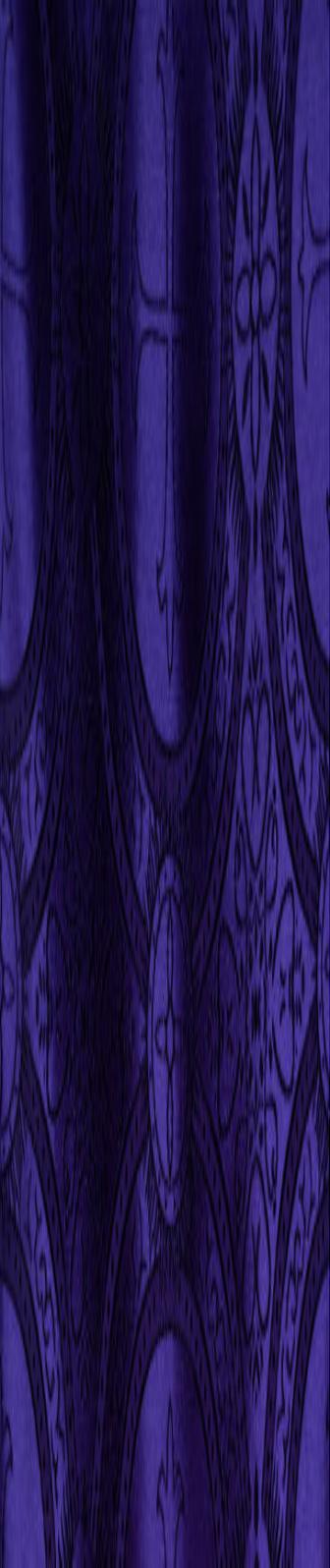
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Reflection



Lord by Your Word, fill me with a Spirit of Hope and Trust

Abraham features a lot in this week's readings. He is clearly someone who trusted in God, which is just as well as big things were asked of him: leaving the familiar to go to a new land, and being told that one day all people would be blessed through him.

He saw the promise of having a long-hoped-for son fulfilled, even at his great age, but then had to trust God when asked to prepare the boy for sacrifice. This is an unsettling read: God had no intention of a child sacrifice, but wanted Abraham to trust him over and above everything.

The following readings show God will always be there for us when we put our hope in him, and he will never turn us away. Luke has lovely words of comfort about not needing to worry – about anything. The last few passages emphasise how it was through faith, hoping and trusting in God, not by adhering to legal observances that Abraham found such favour with God. And the same is true for us. Nothing can separate us from God's love.

Questions to ponder:

In hoping and trusting in God, have you ever been called to do something different? Do you feel this now? Maybe not galloping to a strange land, but something God wants you to do? Pray about this, and he will guide you.

Is it possible to never worry? God knows we have things to care about, and which will rightly concern us, but ultimately all our worries can fall on his shoulders, if we let them.

Looking back over your life, can you see times when you have trusted God, and without you fully realising it, he has led you into something new? Use the season of Lent to reflect on this, and on how you can use this time to let God guide you in new ways.